4-11 FA

Family Readiness Group
Pre-Deployment Training IX

12-13 July, 2005

Agenda

1. Welcome and Calendar Review – S3, MAJ Bateman

2. OIF IV Overview – Photos from PDSS – S3, MAJ Bateman

3. Review of Training – RDC, CPT Turner

4. Closing Comments – S3, MAJ Bateman

Calendar Update

July and August 2005

Review

Review

- Battalion Leadership
- Definition of a Family Readiness Group (FRG)
- What an FRG Does and Does Not Do
- Role Of The Detachment Commander
- Requirements of the Commander's Interview Packet
- Review Of the 4-11 FRG Hand Book
- Modified / Family Care Plans (M/FCPs)
- Powers of Attorney, General and Special
- Wills
- MyPay Website
- How Much Extra Money Does My Soldier Make in Iraq?
  - –BAS, Hostile Fire Pay, etc.
- Service Members' Civil Relief Act
- Insurance, Possible SGLI Changes, and Death Gratuities
- American Red Cross
- Mid-Tour Leave Policy
- Army One Source
- AKO Online Community
- AKO Demonstration and Family Signup Procedures
- Arctic Thunder 4-11 FA Website
- Project: Partnership
- Mail to Iraq, Mail to the US
- How Do I Contact Rear Detachment?
- Q&A

Leadership

- Battalion Steering Committee
  - ✓ Battalion Commander – LTC Wuestner
  - ✓ Battalion Advisor – Sue Wuestner
  - ✓ Battery Commanders and Reps
  - ✓ Battalion Chaplain – Chaplain Dabeck
  - ✓ Rear D Commander – CPT Turner

- Installation FRG Program Manager and G3, Garrison
  - ✓ Felicia Jackson

Battery Representatives

- 21 BSC
  - ✓ Stacy Brandon and Sandra Mitchell
- A Btry
  - ✓Stephanie Boone and Becky Ferguson
- B Btry
  - ✓ Adrienne Conroy and Iraida Declet
- C Btry
  - ✓ Kellie Mitchell, Terry Tanner and Laura Styer
- HHS Btry
  - ✓Shannon Nierman, Sally Myers and Patti Gilliam

Definition of a Family Readiness Group

"An organization of family members, volunteers and Soldiers belonging to a unit that together provide an avenue of mutual support, assistance, and a network of communication among the family members, the chain of command, and community resources."

The FRG

- What an FRG Does

  ✓ Serves as link between unit and families – conduit for Command Information
  ✓ Facilitates deployment and redeployment briefs and activities
  ✓ Serves as a mutual support group
  ✓ Serves as combat multiplier for deployed soldier – morale
  ✓ Needs your support to make it work

- What an FRG Does Not Do

  ✓ Not Part of the casualty notification system
  ✓ Act as surrogate parent
  ✓ Act as babysitting service
  ✓ Provide social work
  ✓ Provide loans
  ✓ Act as a welfare agency

Rear D Commander's Responsibilities

- Responsible for unit Soldier/Family Readiness Program

- Maintain Unit Rear Systems

- Provide access to Family Assistance (e.g. ID Cards, DEERS, TRICARE, etc), Family Services (ACS, CYS, MWR, etc) and Entitlements (Pay and Finance)

- Ensure we properly document and monitor Personal Affairs Readiness of Soldiers to include Modified/Family Care Plans.

- Provide funding and resources for FRG activities

FRG Handbook Review

- Admin Information – Letters, Record of Changes
- Section I – FRG Overview
  - ✓ FRG Structure/Responsibilities
  - ✓ How to use an FRG Phone Tree – Battery Phone Tree
- Section II – Pre-Deployment Preparation
  - ✓ Deployment Checklists – Data Sheet, Commander's Interview, Burial Info, Valuable Documents, Financial Worksheet, Personal Inventory
  - ✓ Fact Sheets
- Section III - Deployment
  - ✓ Deployment Info
  - ✓ Problem Solving Process
- Section IV – Reunion-reintegration / Decompression
- Section V – Miscellaneous
  - ✓ Web Sites

Commander's Interview Packet

- Data Sheet, Three Levels of Contact
- Strip Map from BN HQs to Your House
- Modified / Family Care Plan
- Completed Commander's Questionnaire
- Soldier Burial Arrangements

Why do I need a Modified / Family Care Plan (M/FCP)?

Powers of Attorney

General v. Special

Can I pay the bills or order a replacement credit card?

Can I sell the house or buy a new car?

Can I apply for an AER Loan?

Did I update my will?

MyPay Website

myPay Web Site - Microsoft Internet Explorer provided by 59th Signal Bn

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myPay

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Account Access

1.Please Enter LoginID (SSN):

2. Please Enter PIN:

GO

Need a New Pin ?

New PIN

myPay puts you in control

myPay allows you to manage your pay information, leave and earning statements, W-2s and more.

myPay puts more information and services at your finger tips. Brought to you by DFAS...

Your Financial Partner @ Work

Important Electronic W-2 and Electronic LES Information

On April 29, 2005, the Under Secretary of Defense Comptroller and the Under Secretary of Defense for Personnel and Readiness signed the new Policy for Electronic Wage and Tax Statements and Leave and Earning Statements. Click here to see the memo.

Effective July 1, 2005, all military members and Department of Defense (DoD) non bargaining unit civilian employees with a customized PIN, who access myPay are consenting to receive only an electronic W-2 and Leave and Earning Statement (LES). Click here to see more information.

1099R Information

Effective September 1, 2004, all current myPay military retired users who request or already have a myPay Personal Identification Number (PIN) and access myPay are consenting to receive only an electronic 1099R. They may, however, elect to receive a hardcopy 1099R. Click here for more information.

Popular FAQs

- How do I get a new PIN !
- About your Personal Identification Number (PIN)
- LES Display and Delivery
- Military Thrift Savings Plan (TSP)
- System Availability
- Assistance/Customer Support
- More FAQs

NOTICE !!!

only:

CRSC Backlog Status Update (Dec. 27, 2004):

DFAS continues to process all CRSC payments as quickly as possible. Payments are being made within 60 days in the majority of cases, however some cases require special processing due to their complexity. We have restructured our CRSC support strategy to accommodate more accurate and timely information to our customers through our Customer Support Representatives. If you have specific questions about CRSC payments, please call toll-free 1-800-472-7098 between 8:00-4:30 EST, Monday through Friday (except Federal holidays)

CRSC FAQs click here:

Internet

https://mypay.dfas.mil - MyPay - Microsoft Internet Explorer provided by 59th Signal Bn

myPay

Main Menu

Your Army Active Duty Pay Account

- Leave and Earnings Statement (LES)

Pay Changes:

- Allotments
- Savings Bonds
- Turn on/off Hard Copy of LES

Direct Deposit:

- Net Pay EFT
- Travel EFT
- Miscellaneous EFT

Taxes:

- Federal Withholding
- State Withholding
- Tax Statement (W-2)
- Student Loan Repayment Program (SLRP) W-2
- Turn on/off Hard Copy of W-2

- Thrift Savings Plan (TSP)
- Travel Voucher Advice of Payment (AOP)
- Email Address
- Personal Settings Page (Click here for details)

- 18 U.S.C. § 1030 prohibits unauthorized or fraudulent access to government computer systems. If the Social Security Number associated with this action is not your Social Security Number, you are in violation of this law and should exit this system immediately. Completing this action may subject you to a fine of up to $5,000 or double the value of anything obtained via this unauthorized access, plus up to five years imprisonment.
- Travel Voucher View is available for Vouchers paid by all DFAS sites (except DFAS-Denver) within the last six (6) months.

Done

Internet

How Much Extra Pay for Our Soldiers?

Deployment Entitlements

Single Soldier, No Dependents

Entitlements	PFC	SPC	SGT	SSG	SFC	1SG/MSG	CSM/SGM
Combat Zone Tax Exclusion[1]	$162.92	$203.28	$233.52	$285.27	$364.18	$507.40	$743.02
BAS (Additional)[2]	$267.18	$267.18	$267.18	$267.18	$0.00	$0.00	$0.00
Hostile Fire Pay[3]	$225.00	$225.00	$225.00	$225.00	$225.00	$225.00	$225.00
Family Separation Allowance[4]	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Hardship Duty Pay-Location[5]	$100.00	$100.00	$100.00	$100.00	$100.00	$100.00	$100.00
Total Per Month	$755.10	$795.46	$825.70	$877.45	$689.18	$832.40	$1,068.02

1. Combat Zone Tax Exclusion (CZTE)- Areas designated as combat zones are exempt from paying Federal Income Tax. Officers are limited to $6,529.20 (CSA's pay of 6,304.20 + $225.00 for HFP) for tax exclusion.

2. BAS - Deplyed soldiers are authorized Separate Rations for period of deployment. Amount reflects difference between Separate Rats ($267.18 less Partial BAS ($55.78). BAS is paid daily based on a 30-day month. SFC and above receive SR automatically.

3. Hostile Fire Pay (HFP) - Areas designated as hostile fire pay areas are entitled to $225 per month.

4. Family Separation Allowance (FSA) - Single soldiers without dependents are not entitled.

5. Hardship Duty Pay- Rates vary based on location/area designation. Soldiers in Saudi Arabia, Kuwait, or Yemen, that were receving FDP ($8-$22.50 per month) will continue to receive until 31 Dec 01 or re-deployment, whichever comes first. Oman, Uzbekistan and Turkmenistan $100.00.

Deployment Entitlements

Married Soldier, 2 Dependents

Entitlements	PFC	SPC	SGT	SSG	SFC	1SG/MSG	CSM/SGM
Combat Zone Tax Exclusion[1]	$115.37	$155.73	$185.97	$237.72	$298.74	$375.47	$501.69
BAS (Additional)[2]	$0.00	$0.00	$0.00	$0.00	$0.00	$0.00	$0.00
Hostile Fire Pay[3]	$225.00	$225.00	$225.00	$225.00	$225.00	$225.00	$225.00
Family Separation Allowance[4]	$250.00	$250.00	$250.00	$250.00	$250.00	$250.00	$250.00
Hardship Duty Pay-Location[5]	$100.00	$100.00	$100.00	$100.00	$100.00	$100.00	$100.00
Total Per Month	$690.37	$730.73	$760.97	$812.72	$873.74	$950.47	$1,076.69

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Deployment Entitlements

Single Warrant Officer, No Dependents

Entitlements	W-1	W-2	W-3	W-4	W-5	
Combat Zone Tax Exclusion[1]	$381.38	$511.13	$627.38	$835.13	$1.020.98	
BAS (Additional)[2]	$0.00	$0.00	$0.00	$0.00	$0.00	
Hostile Fire Pay[3]	$225.00	$225.00	$225.00	$225.00	$225.00	
Family Separation Allowance[4]	N/A	N/A	N/A	N/A	N/A	
Hardship Duty Pay-Location[5]	$100.00	$100.00	$100.00	$100.00	$100.00	
Total Per Month	$706.38	$836.13	$952.38	$1,160.13	$1,345.98	

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2. BAS - Deplyed soldiers are authorized Separate Rations for period of deployment. Amount reflects difference between Separate Rats ($267.18) less Partial BAS ($55.78). BAS is paid daily based on a 30-day month. SFC and above receive SR automatically.

3. Hostile Fire Pay (HFP) - Areas designated as hostile fire pay areas are entitled to $225 per month.

4. Family Separation Allowance (FSA) - Single soldiers without dependents are not entitled.

5. Hardship Duty Pay- Rates vary based on location/area designation. Soldiers in Saudi Arabia, Kuwait, or Yemen, that were receving FDP ($8-$22.50 per month) will continue to receive until 31 Dec 01 or re-deployment, whichever comes first. Oman, Uzbekistan and Turkmenistan $100.00.

Deployment Entitlements

Married Warrant Officer, 2 Dependents

Entitlements	W-1	W-2	W-3	W-4	W-5	
Combat Zone Tax Exclusion[1]	$183.25	$355.76	$472.01	$679.76	$1,069.06	
BAS (Additional)[2]	$0.00	$0.00	$0.00	$0.00	$0.00	
Hostile Fire Pay[3]	$225.00	$225.00	$225.00	$225.00	$225.00	
Family Separation Allowance[4]	$250.00	$250.00	$250.00	$250.00	$250.00	
Hardship Duty Pay-Location[5]	$100.00	$100.00	$100.00	$100.00	$150.00	
Total Per Month	$758.25	$930.76	$1,047.01	$1,254.76	$1,694.06	

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2. BAS - Deplyed soldiers are authorized Separate Rations for period of deployment. Amount reflects difference between Separate Rats ($267.18 less Partial BAS ($55.78). BAS is paid daily based on a 30-day month. SFC and above receive SR automatically.

3. Hostile Fire Pay (HFP) - Areas designated as hostile fire pay areas are entitled to $225 per month.

4. Family Separation Allowance (FSA) - Payable to soldiers with dependents, starting after 30 days of separation

5. Hardship Duty Pay- Rates vary based on location/area designation. Soldiers in Saudi Arabia, Kuwait, or Yemen, that were receving FDP ($8-$22.50 per month) will continue to receive until 31 Dec 01 or re-deployment, whichever comes first. Oman, Uzbekistan and Turkmenistan $100.00.

Deployment Entitlements

Single Officer, No Dependents

Entitlements	2LT	1LT	CPT	MAJ	LTC	COL
Combat Zone Tax Exclusion[1]	$266.51	$389.71	$679.68	$994.77	$1.068.10	$1.068.10
BAS (Additional)[2]	$0.00	$0.00	$0.00	$0.00	$0.00	$0.00
Hostile Fire Pay[3]	$225.00	$225.00	$225.00	$225.00	$225.00	$225.00
Family Separation Allowance[4]	N/A	N/A	N/A	N/A	N/A	N/A
Hardship Duty Pay-Location[5]	$100.00	$100.00	$100.00	$100.00	$100.00	$100.00
Total Per Month	$591.51	$714.71	$1.004.68	$1.319.77	$1.393.10	$1.393.10

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4. Family Separation Allowance (FSA) - Single soldiers without dependents are not entitled.

5. Hardship Duty Pay- Rates vary based on location/area designation. Soldiers in Saudi Arabia, Kuwait, or Yemen, that were receving FDP ($8-$22.50 per month) will continue to receive until 31 Dec 01 or re-deplovment. whichever comes first. Oman. Uzbekistan and Turkmenistan $100.00.

Deployment Entitlements

Married Officer, 2 Dependents

Entitlements	2LT	1LT	CPT	MAJ	LTC	COL
Combat Zone Tax Exclusion[1]	$218.96	$312.42	$467.76	$717.64	$790.97	$790.97
BAS (Additional)[2]	$0.00	$0.00	$0.00	$0.00	$0.00	$0.00
Hostile Fire Pay[3]	$225.00	$225.00	$225.00	$225.00	$225.00	$225.00
Family Separation Allowance[4]	$250.00	$250.00	$250.00	$250.00	$250.00	$250.00
Hardship Duty Pay-Location[5]	$100.00	$100.00	$100.00	$100.00	$150.00	$100.00
Total Per Month	$793.96	$887.42	$1,042.76	$1,292.64	$1,415.97	$1,365.97

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The American Red Cross

www.redcross.org

(800) HELP-NOW (800-435-7669)

Mr. Ron Huffman
(907) 353-7234

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- Biomedical Services
- Military Members and Families
- Health and Safety Services
- International Services
- Volunteer Services
- Youth Services
- Nursing
- Diversity
- Government Relations
- En Español

HELP NOW

- Donate Now
- Give Blood
- Tissue Donation
- Volunteer
- Planned Giving
- Donate Goods

Browse Through A List of Chapters with Websites

WEBSITES

OUR SUPPORTERS

- Int'l Response Fund/Tsunami Relief Donors

Find Your Local Red Cross

Enter ZIP Code: 27909 FIND

In The News

Monday, June 27 XML

Reaching Thousands in Need in Sri Lanka
In Sri Lanka, the Red Cross relief team – made up of the International Federation of Red Cross and Red Crescent societies including the American Red Cross – operates six days a week providing relief supplies to up to 1,500 families every day.

Beyond the veil: Disaster Mental Health Counseling Programs Instill hope in Acehnese children
The tsunami brought destruction to the lives of those who lost everything, but therapeutic and disaster counseling programs, such these conducted by the Red Cross teams, instill hope in the lives children and will continue to do so for years to come.

American Red Cross Tsunami Response Transitions to Long-Term Recovery
Red Cross plan outlines help for tsunami survivors over the next five years.

Red Cross VP Calls for Inter-agency Cooperation At National Voluntary Organizations Active in Disaster Conference
American Red Cross Vice President of Domestic Disaster Response, Armond T. Mascelli provided key trends in disaster response to volunteer organizations and government officials.

Spotlight

- Tsunami Relief Effort
- International Red Cross Needs For Tsunami Relief Program Met
- American Red Cross Support for Magen David Adom (MDA)
- What to Do After an Earthquake
- Red Cross Urges Hurricane Preparedness Before The Storms
- Lifesaving Water Safety Advice
- Tim McGraw, State Farm® and Red Cross Help "Neighbors Give Life"

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American Red Cross

Together, we can save a life

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Results for 27909

Your Red Cross Chapter

Greater Albemarle Area Chapter

Address: American Red Cross
Greater Albemarle Area Chapter
905 Halstead Blvd, Unit 3
Elizabeth City, NC 27909

E-mail: gaacarc@mindspring.com

Phone: 252-335-2185

Fax: 252-335-4232

Web site: http://greateralbemarlearea.redcross.org

You can also browse through a list of our chapters that have a Web site.

To search for volunteer opportunities in this area, visit http://redcross.volunteermatch.org.

Your Blood Services Region

Mid-Atlantic Blood Region

Address: American Red Cross
Mid-Atlantic Blood Region
611 West Brambleton Ave
Norfolk, VA 23510-1000

E-mail: kehoekat@usa.redcross.org

Phone: 757-446-7700

Fax: 757-446-7283

Web site: http://www.weneedblood.org

- To donate blood or plasma, call 1-800-GIVELIFE (1-800-448-3543).
- For bone marrow donation, visit http://www.marrow.org.
- To schedule a blood donation online, visit http://www.givelife.org.
- For cord blood donation information, email CordBloodInfo@usa.redcross.org.
- For tissue donation information, call 1-888-4TISSUE.

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Internet

Mid-Tour Leave from Iraq

- "Mid-Tour" Leave may be taken anytime after the first 60 days in theater, and before the last 60 days in theater.

- Your Soldier may not necessarily take leave at "Mid-Tour."

- Flight to and from Iraq to the US is by Government Charter, arriving and departing in Dallas, Atlanta or Baltimore (Ports of Embarkation, POE), or Fairbanks.

- Flight from the POE to your Leave destination (and back to the POE) is paid by the Soldier, and reimbursed by travel voucher. In-and-Around travel

Army One Source

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ARMY OneSource

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- Parenting & Child Care
- Personal & Family Readiness
- Education
- Midlife & Retirement
- Older Adults
- Disability
- Financial
- Legal
- Everyday Issues
- Work
- International
- Managing People
- Health
- Emotional Well-Being
- Addiction & Recovery

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This Month's Feature Single Soldiers represent... more

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*For overseas dialing, please see "Contact Us"

WeeklyPoll

How does your family feel about being deployed as a family to an overseas assignment?

- they would rather only serve stateside
- they are excited about serving overseas
- they don't care, either is okay

Submit

View Results: 32 votes

Life Articles

Returning to Work Following Military Duty

Ways to Support a Co-Worker or Friend Whose Loved One Has Been Deployed

more

Today'sTip

To save time in the morning, prepare breakfast at night. Put

Life Issues

Events

Moderated Chat
Let's Chat about Building a Positive Couple Relationship!
02:00PM EDT 06/23/05 go

LifeWorkshops
Holding Family Meetings
03:00PM EDT 06/24/05 go

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Featured Tools

- Financial Calculators
- Child Care Locator
- Elder Care Finder
- Summer Camp Locator

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Self-Assessments

- Quick Quizzes
- Retire, Rewire, Renew? Planning Your Life After 50
- What Help Does My Older Relative Need?
- What's Your Communication Style?

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- Personal & Family Readiness
- Midlife and Retirement
- Older Adults

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ARMY OneSource

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- Parenting & Child Care
- Personal & Family Readiness
- Education
- Midlife & Retirement
- Older Adults
- Disability
- Financial
- Legal
- Everyday Issues
- Work
- International
- Managing People
- Health
- Emotional Well-Being
- Addiction & Recovery

¿Habla Espanol?

- ¿Necesita información en español?

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Home › Everyday Issues

Everyday Issues

Army OneSource Online provides you with useful information and resources help you balance your work and family life. **Please select an issue from the below.**

To talk to a consultant, call **from the US: 800-464-8107, or from overseas: TOLL FREE 800-4648-1077, or COLLECT: 484-530-5889,** anytime 24/7. You also visit a counselor in person, in your local community. You have access t to six (6) in-person counseling sessions with a licensed counselor at no co you. All you have to do is make the call: 1-800-464-8107. Available only in the U.S. and Puerto Rico.

View Resources On:

Cars and Transportation
Buying, Selling, or Leasing a Car , Car Insurance and Maintenance , Other Transportation Options

Home
Buying or Building a Home , Caring fo or Renovating Your Home , Finding a Place to Rent

Moving
Making Connections in a New Community , Planning a Move

Pets
Buying or Adopting a Pet , Pet Care and Supplies , Pet Sitting

Shopping and Services
Community Resources , Consumer Purchases , Planning Special Events

Travel and Vacations
Planning a Trip or Vacation

Internet

AKO Online Community

Online Community:	**4-11 FA WEBPAGE**
Group Name:	**4-11 FA WEBPAGE**
Group Detail:	**https://www.us.army.mil/suite/group/19424**
Homepage:	**4-11 FA WEBPAGE Home**
Homepage URL:	**https://www.us.army.mil/suite/page/50713**
Knowledge Center:	**4-11 FA WEBPAGE Community Documents** (In Personal and Teams area)
Knowledge Center URL:	**https://www.us.army.mil/suite/kc/4111014**

Online Community Management

1. Group Detail
- Add and remove members
- Add and remove administrators
- Link your group to a KCC community

2. Edit Page
- Add channels to a page
- Edit channels on a page
- Change the layout of a page (in the Page Properties section)
- Edit the page name or description (in the Page Properties section)

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AKO Family Signup

Start here

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Address https://www.us.army.mil/portal/portal_home.jhtml Go Links

AKO ARMY KNOWLEDGE ONLINE

The United States Army Portal

Monday 26 January 2004

Serving Our Army at War - Relevant and Ready

Sign In Click Here

Sign In

Sign in with your username and password.

AKO Lite Sign In

Sign in with your username and password (for low bandwidth AKO services).

New User

Register for AKO

Eligibility: Active Army, Reserve, National Guard, DA Civilian, Retired Army, and Army guests.

AKO Help

Forgot your Password?

Contact the Help Desk

Take the AKO Tutorial

- Tutorial: Text Version
- Tutorial: Audio Version

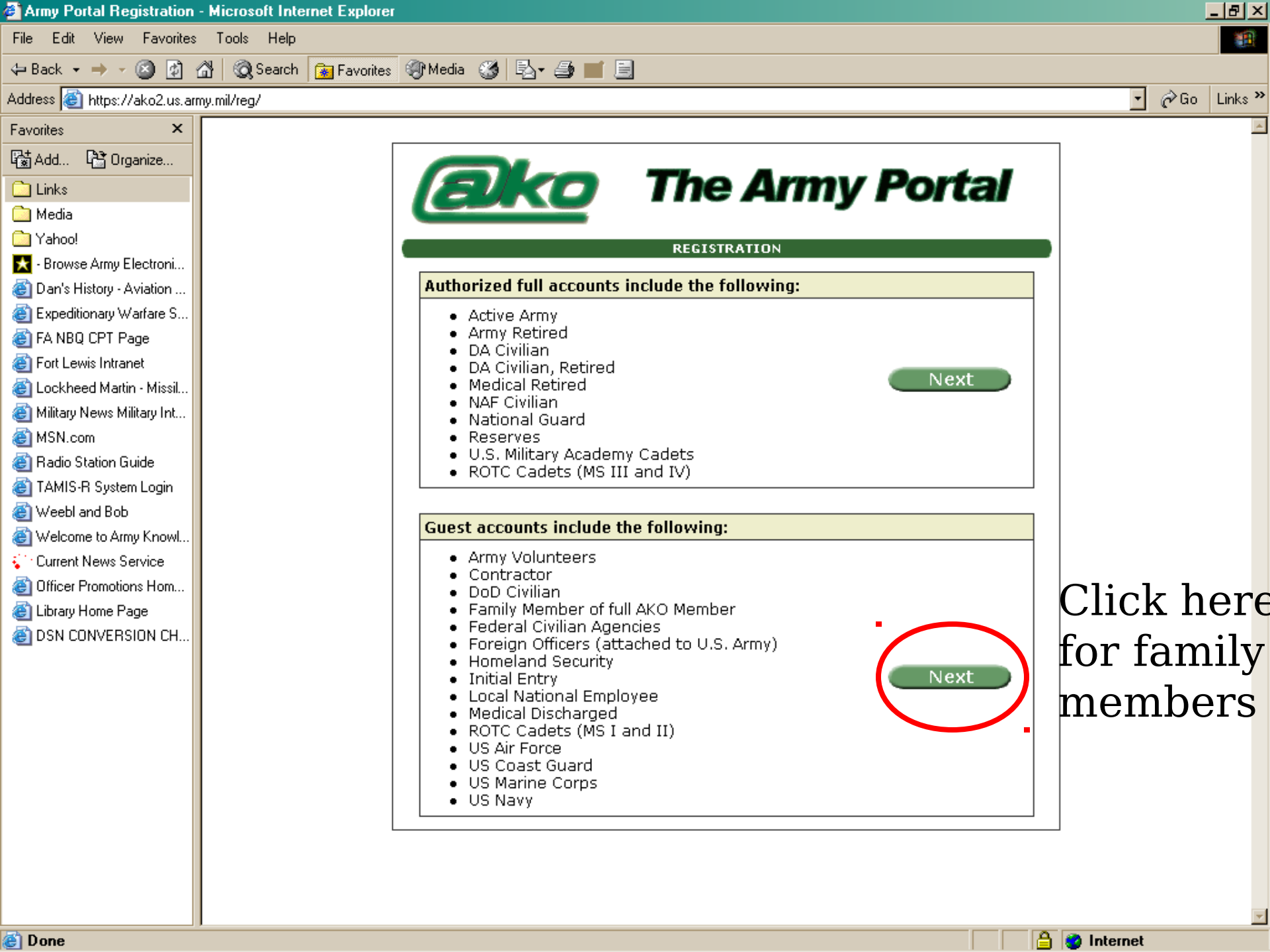
Download the DoD Certificate

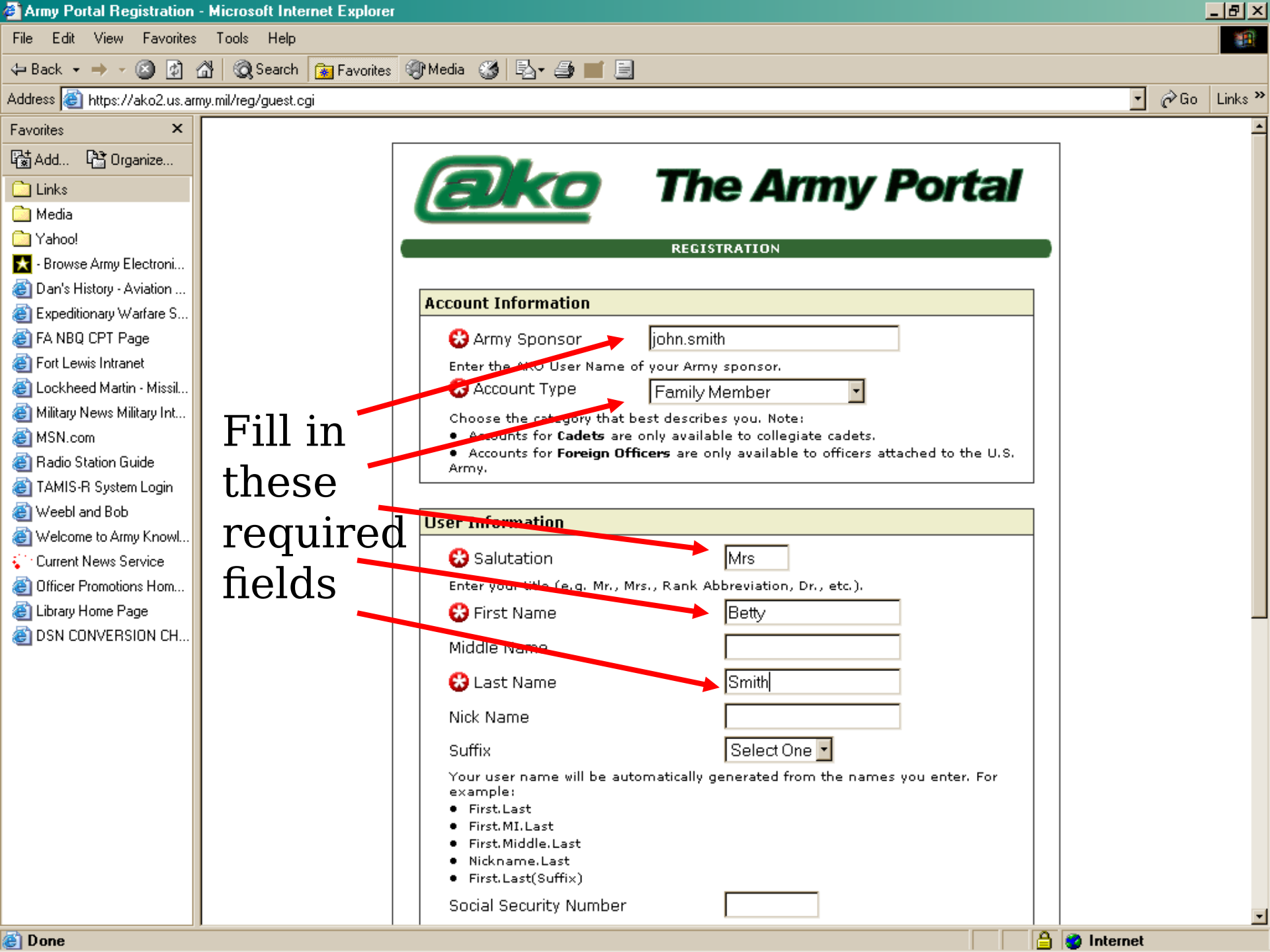
Lt. Gen. Ricardo Sanchez, Commander, Joint Task Force Seven shows Dr. Adnan Pachachi, Governing Council Member, prints of the capture of Saddam Hussein before the press conference on December 14, 2003. (Photo by Staff Sgt. Reynaldo Ramon) (Released)

NOTICE: This is a DoD web site. The security accreditation level of this site is Unclassified FOUO and below. Do not process, store, or transmit information classified above the accreditation level of this system. DoD web sites may be monitored for all lawful purposes, including to ensure their use is authorized, for management of the system, to facilitate protection against unauthorized access, and to verify security procedures, survivability, and operational security. Monitoring includes, but is not limited to, active attacks by authorized DoD entities to test or verify the security of this system. During monitoring, information may be examined, recorded, copied and used for authorized purposes. All information, including personal information, placed on or sent over this system may be monitored. Use of this DoD web site, authorized or unauthorized, constitutes consent to monitoring. Unauthorized use of this DoD web site may subject you to criminal prosecution. Evidence of unauthorized use

Internet

start Inbox - Micr... FRG Dep Tn... Spouse AKO... Welcome to ... 4:20 PM


Army Portal Registration - Microsoft Internet Explorer
File Edit View Favorites Tools Help
Back Search Favorites Media
Address https://ako2.us.army.mil/reg/
Go Links
Favorites
Add... Organize...
Links
Media
Yahoo!
- Browse Army Electroni...
Dan's History - Aviation ...
Expeditionary Warfare S...
FA NBQ CPT Page
Fort Lewis Intranet
Lockheed Martin - Missil...
Military News Military Int...
MSN.com
Radio Station Guide
TAMIS-R System Login
Weebl and Bob
Welcome to Army Knowl...
Current News Service
Officer Promotions Hom...
Library Home Page
DSN CONVERSION CH...
ako
The Army Portal
REGISTRATION
Authorized full accounts include the following:
Active Army
Army Retired
DA Civilian
DA Civilian, Retired
Medical Retired
NAF Civilian
National Guard
Reserves
U.S. Military Academy Cadets
ROTC Cadets (MS III and IV)
Next
Guest accounts include the following:
Army Volunteers
Contractor
DoD Civilian
Family Member of full AKO Member
Federal Civilian Agencies
Foreign Officers (attached to U.S. Army)
Homeland Security
Initial Entry
Local National Employee
Medical Discharged
ROTC Cadets (MS I and II)
US Air Force
US Coast Guard
US Marine Corps
US Navy
Next
Click here for family members
Done
Internet


Army Portal Registration - Microsoft Internet Explorer
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Welcome to Army Knowl...
Current News Service
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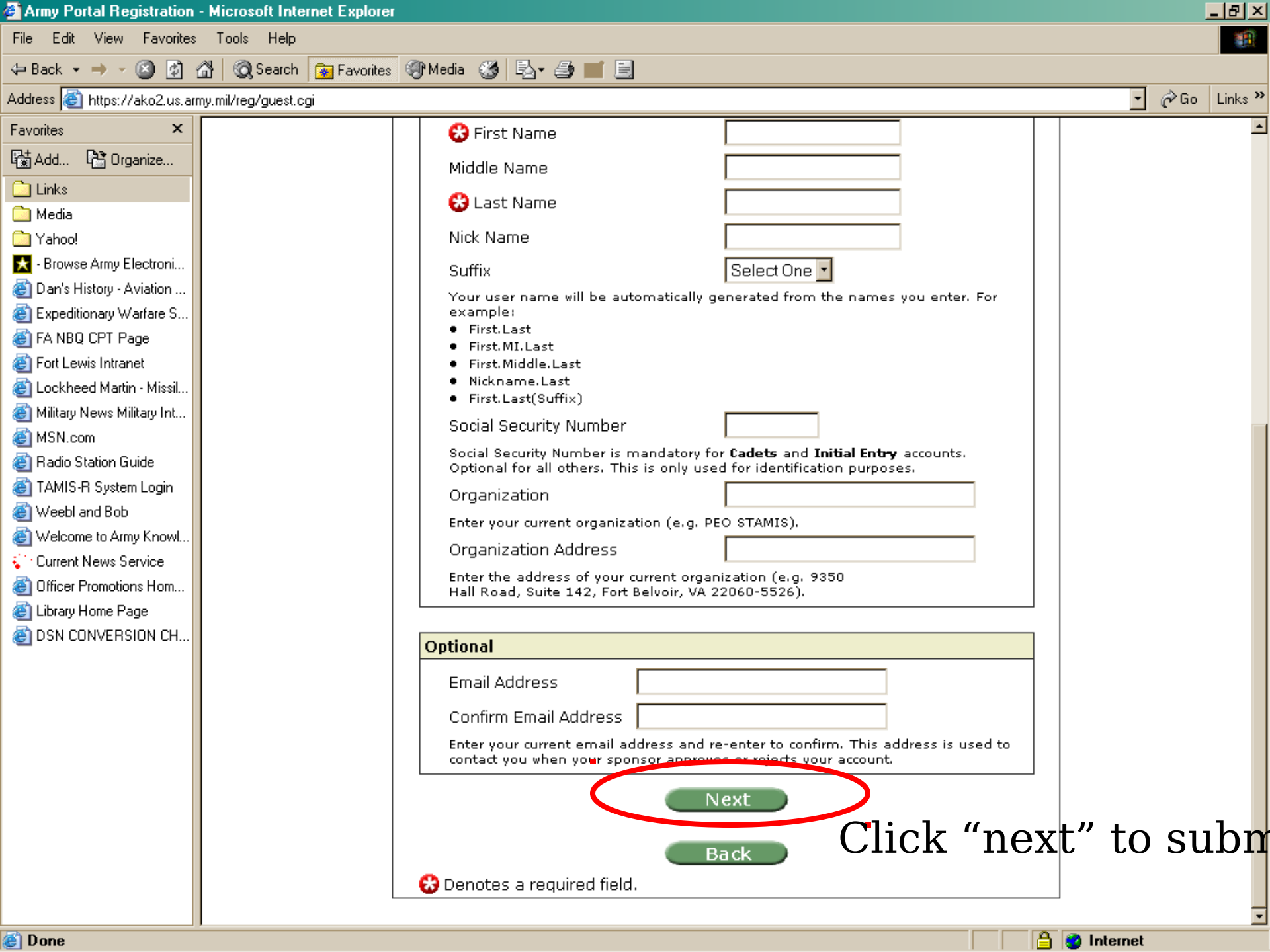
Library Home Page
DSN CONVERSION CH...
ako
The Army Portal
REGISTRATION
Account Information
Army Sponsor
john.smith
Enter the AKO User Name of your Army sponsor.
Account Type
Family Member
Choose the category that best describes you. Note:
Accounts for Cadets are only available to collegiate cadets.
Accounts for Foreign Officers are only available to officers attached to the U.S. Army.
User Information
Salutation
Mrs
Enter your title (e.g. Mr., Mrs., Rank Abbreviation, Dr., etc.).
First Name
Betty
Middle Name
Last Name
Smith
Nick Name
Suffix
Select One
Your user name will be automatically generated from the names you enter. For example:
First.Last
First.MI.Last
First.Middle.Last
Nickname.Last
First.Last(Suffix)
Social Security Number
Fill in these required fields
Done
Internet


Army Portal Registration - Microsoft Internet Explorer
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Links
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Yahoo!
- Browse Army Electroni...
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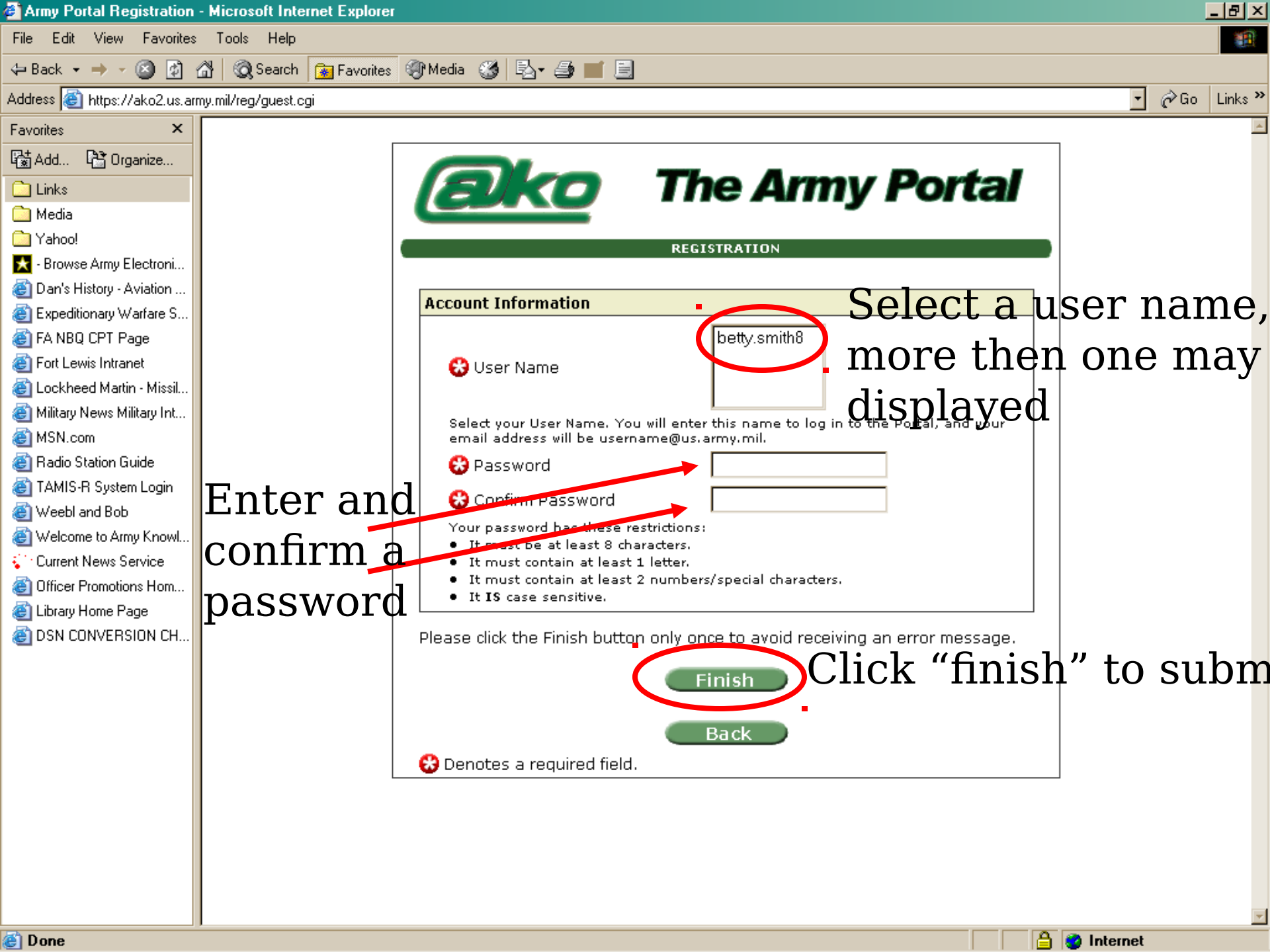
Military News Military Int...
MSN.com
Radio Station Guide
TAMIS-R System Login
Weebl and Bob
Welcome to Army Knowl...
Current News Service
Officer Promotions Hom...
Library Home Page
DSN CONVERSION CH...
First Name
Middle Name
Last Name
Nick Name
Suffix
Select One
Your user name will be automatically generated from the names you enter. For example:
First.Last
First.MI.Last
First.Middle.Last
Nickname.Last
First.Last(Suffix)
Social Security Number
Social Security Number is mandatory for Cadets and Initial Entry accounts. Optional for all others. This is only used for identification purposes.
Organization
Enter your current organization (e.g. PEO STAMIS).
Organization Address
Enter the address of your current organization (e.g. 9350 Hall Road, Suite 142, Fort Belvoir, VA 22060-5526).
Optional
Email Address
Confirm Email Address
Enter your current email address and re-enter to confirm. This address is used to contact you when your sponsor approves or rejects your account.
Next
Back
Denotes a required field.
Click “next” to subm
Done
Internet


Army Portal Registration - Microsoft Internet Explorer
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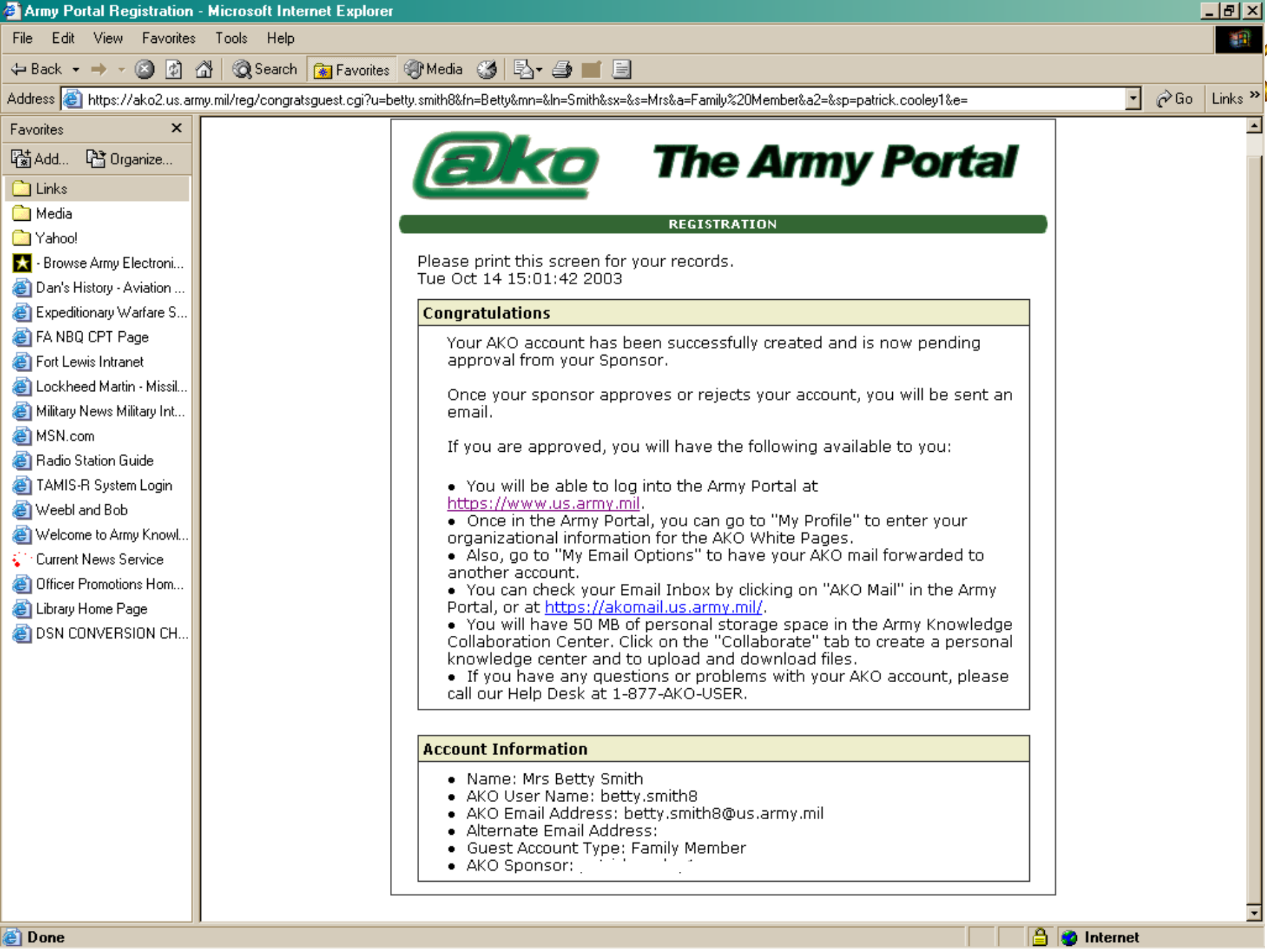
TAMIS-R System Login
Weebl and Bob
Welcome to Army Knowl...
Current News Service
Officer Promotions Hom...
Library Home Page
DSN CONVERSION CH...
ako
The Army Portal
REGISTRATION
Account Information
User Name
betty.smith8
Select your User Name. You will enter this name to log in to the Portal, and your email address will be username@us.army.mil.
Password
Confirm Password
Your password has these restrictions:
It must be at least 8 characters.
It must contain at least 1 letter.
It must contain at least 2 numbers/special characters.
It IS case sensitive.
Please click the Finish button only once to avoid receiving an error message.
Finish
Back
Denotes a required field.
Select a user name, more then one may displayed
Enter and confirm a password
Click “finish” to subm
Done
Internet


Army Portal Registration - Microsoft Internet Explorer
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Back Search Favorites Media
Address https://ako2.us.army.mil/reg/congratsguest.cgi?u=betty.smith8&fn=Betty&mn=&ln=Smith&sx=&s=Mrs&a=Family%20Member&a2=&sp=patrick.cooley1&e=
Go Links
Favorites
Add... Organize...
Links
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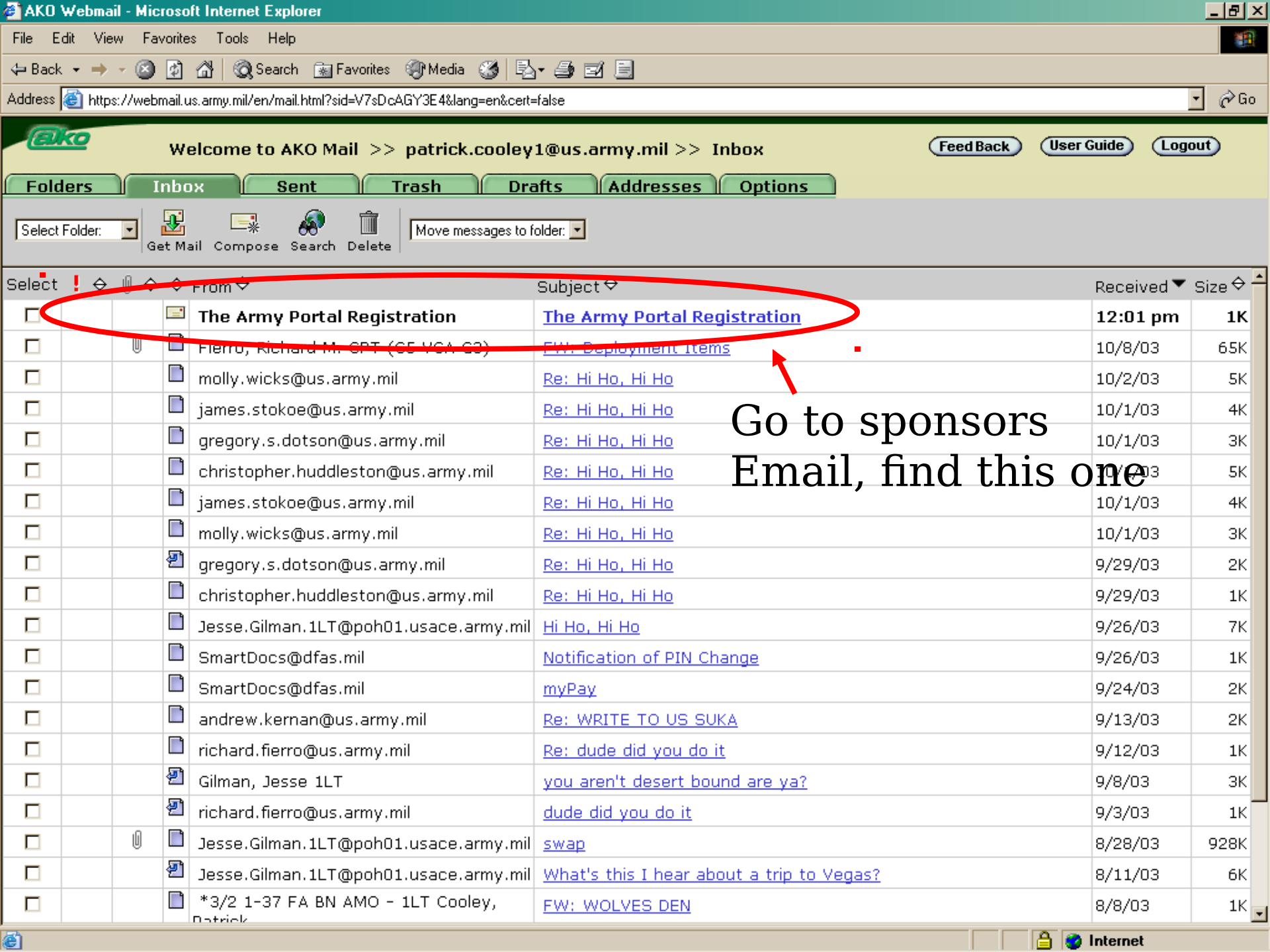
TAMIS-R System Login
Weebl and Bob
Welcome to Army Knowl...
Current News Service
Officer Promotions Hom...
Library Home Page
DSN CONVERSION CH...
The Army Portal
REGISTRATION
Please print this screen for your records.
Tue Oct 14 15:01:42 2003
Congratulations
Your AKO account has been successfully created and is now pending approval from your Sponsor.
Once your sponsor approves or rejects your account, you will be sent an email.
If you are approved, you will have the following available to you:
• You will be able to log into the Army Portal at https://www.us.army.mil.
• Once in the Army Portal, you can go to "My Profile" to enter your organizational information for the AKO White Pages.
• Also, go to "My Email Options" to have your AKO mail forwarded to another account.
• You can check your Email Inbox by clicking on "AKO Mail" in the Army Portal, or at https://akomail.us.army.mil/.
• You will have 50 MB of personal storage space in the Army Knowledge Collaboration Center. Click on the "Collaborate" tab to create a personal knowledge center and to upload and download files.
• If you have any questions or problems with your AKO account, please call our Help Desk at 1-877-AKO-USER.
Account Information
• Name: Mrs Betty Smith
• AKO User Name: betty.smith8
• AKO Email Address: betty.smith8@us.army.mil
• Alternate Email Address:
• Guest Account Type: Family Member
• AKO Sponsor:
Done
Internet


AKO Webmail - Microsoft Internet Explorer
File Edit View Favorites Tools Help
Back Search Favorites Media
Address https://webmail.us.army.mil/en/mail.html?sid=V7sDcAGY3E4&lang=en&cert=false
Go
Welcome to AKO Mail >> patrick.cooley1@us.army.mil >> Inbox
Feed Back
User Guide
Logout
Folders
Inbox
Sent
Trash
Drafts
Addresses
Options
Select Folder:
Get Mail
Compose
Search
Delete
Move messages to folder:
Select
From
Subject
Received
Size
The Army Portal Registration
The Army Portal Registration
12:01 pm
1K
Fierro, Richard M. CPT (G5 VCA G3)
FW: Deployment Items
10/8/03
65K
molly.wicks@us.army.mil
Re: Hi Ho, Hi Ho
10/2/03
5K
james.stokoe@us.army.mil
Re: Hi Ho, Hi Ho
10/1/03
4K
gregory.s.dotson@us.army.mil
Re: Hi Ho, Hi Ho
10/1/03
3K
christopher.huddleston@us.army.mil
Re: Hi Ho, Hi Ho
5K
james.stokoe@us.army.mil
Re: Hi Ho, Hi Ho
10/1/03
4K
molly.wicks@us.army.mil
Re: Hi Ho, Hi Ho
10/1/03
3K
gregory.s.dotson@us.army.mil
Re: Hi Ho, Hi Ho
9/29/03
2K
christopher.huddleston@us.army.mil
Re: Hi Ho, Hi Ho
9/29/03
1K
Jesse.Gilman.1LT@poh01.usace.army.mil
Hi Ho, Hi Ho
9/26/03
7K
SmartDocs@dfas.mil
Notification of PIN Change
9/26/03
1K
SmartDocs@dfas.mil
myPay
9/24/03
2K
andrew.kernan@us.army.mil
Re: WRITE TO US SUKA
9/13/03
2K
richard.fierro@us.army.mil
Re: dude did you do it
9/12/03
1K
Gilman, Jesse 1LT
you aren't desert bound are ya?
9/8/03
3K
richard.fierro@us.army.mil
dude did you do it
9/3/03
1K
Jesse.Gilman.1LT@poh01.usace.army.mil
swap
8/28/03
928K
Jesse.Gilman.1LT@poh01.usace.army.mil
What's this I hear about a trip to Vegas?
8/11/03
6K
*3/2 1-37 FA BN AMO - 1LT Cooley, Patrick
FW: WOLVES DEN
8/8/03
1K
Go to sponsors Email, find this one
Internet

AKO Webmail - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites Media

Address https://webmail.us.army.mil/en/mail.html?sid=V7sDcAGY3E4&lang=en&cert=false Go

Welcome to AKO Mail >> patrick.cooley1@us.army.mil >> Inbox

Feed Back | User Guide | Logout

Folders | Inbox | Sent | Trash | Drafts | Addresses | Options

Compose | Reply | Reply All | Forward | Delete | Add Addresses | Previous | Next | Close | Move message to folder:

From	The Army Portal Registration <help@us.army.mil>
Sent	Tuesday, October 14, 2003 12:01 pm
To	patrick.cooley1@us.army.mil
Cc	
Bcc	
Subject	The Army Portal Registration

The following person has submitted a guest account request to AKO.
You have been designated as the approving authority for this person.
To activate or reject this account you will need to process the approval form

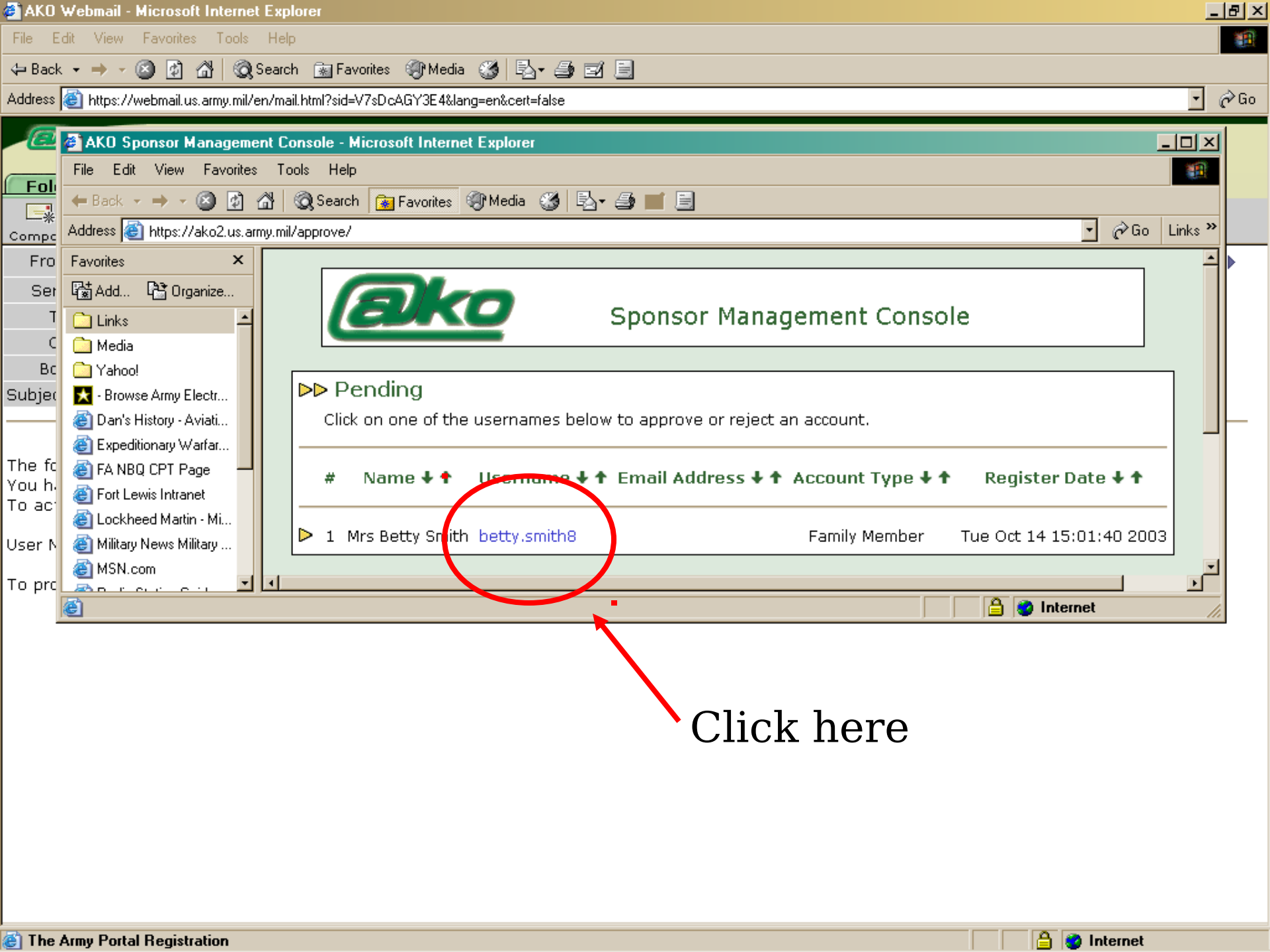
User Name: betty.smith8

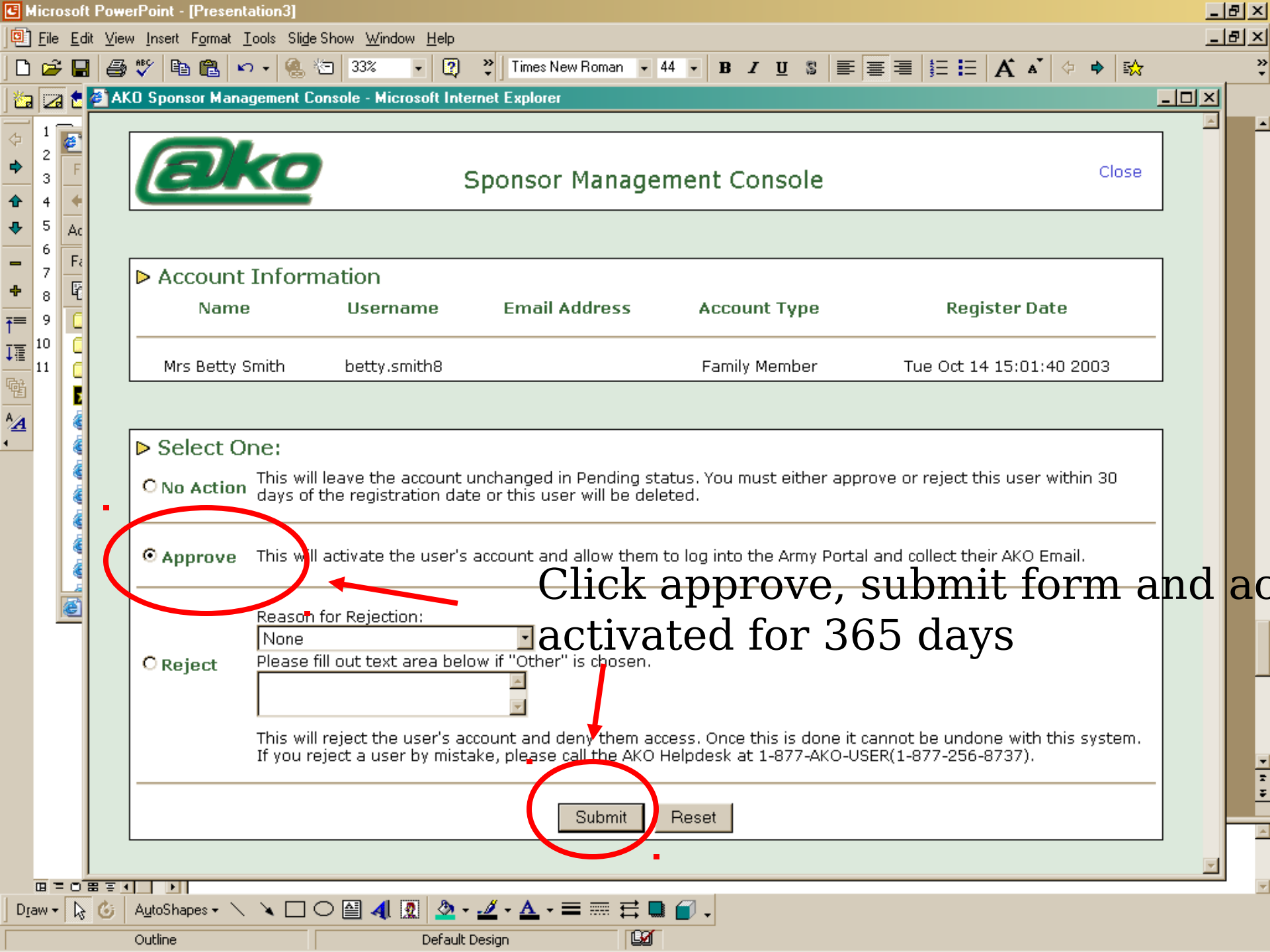
To process this form please go to https://ako2.us.army.mil/approve/

Click on this link

The Army Portal Registration

Internet


AKO Webmail - Microsoft Internet Explorer
https://webmail.us.army.mil/en/mail.html?sid=V7sDcAGY3E4&lang=en&cert=false
AKO Sponsor Management Console - Microsoft Internet Explorer
https://ako2.us.army.mil/approve/
Sponsor Management Console
Pending
Click on one of the usernames below to approve or reject an account.
Name Email Address Account Type Register Date
1 Mrs Betty Smith betty.smith8 Family Member Tue Oct 14 15:01:40 2003
Click here
The Army Portal Registration


Microsoft PowerPoint - [Presentation3]
AKO Sponsor Management Console - Microsoft Internet Explorer
Sponsor Management Console
Close
Account Information
Name
Username
Email Address
Account Type
Register Date
Mrs Betty Smith
betty.smith8
Family Member
Tue Oct 14 15:01:40 2003
Select One:
No Action
This will leave the account unchanged in Pending status. You must either approve or reject this user within 30 days of the registration date or this user will be deleted.
Approve
This will activate the user's account and allow them to log into the Army Portal and collect their AKO Email.
Reason for Rejection:
None
Reject
Please fill out text area below if "Other" is chosen.
This will reject the user's account and deny them access. Once this is done it cannot be undone with this system. If you reject a user by mistake, please call the AKO Helpdesk at 1-877-AKO-USER(1-877-256-8737).
Submit
Reset
Click approve, submit form and ac
activated for 365 days

BN Web Site on AKO

Welcome to the 172nd Styker Brigade Artillery - Microsoft Internet Explorer provided by 59th Signal Bn

File Edit View Favorites Tools Help

Back Search Favorites

Address http://www.wainwright.army.mil/172_SBCT/4_11FA/index.htm Go Links

172nd Stryker Brigade Artillery

4th Battalion, 11th Field Artillery

- Welcome
- Mission/Vision
- Command Group
- Unit History
- New Arrivals
- Family Readiness
- Deployment Info
- Photo Gallery
- Links/Reference
- Contact Info

DOD Security Info

"Our Army has much to be proud of. It is the preeminent land force in the world – and continues to be respected by our friends... and feared by our enemies. We set the standard. We were part of the joint team that defeated the Taliban in Afghanistan and took down a brutal regime in Iraq. Today we are deployed and conducting contingency operations at an unprecedented pace. ***Our Soldiers, civilians, and their families set the standard every day for selfless service.***"

General Schoomaker
Army Chief of Staff

And so do the Soldiers, NCOs, Officers and Families of 4-11 Field Artillery stand ready to meet these challenges, as we transform into the 172d Stryker Brigade Combat Team.

We want to welcome you to the "Last Frontier" and the 4-11 FA Internet Site. Inside you will find information on our unit, its history, our Family Readiness Groups and more importantly how to contact us as a new arrival in order to assign you a sponsor. Addtitionally this site will provide you with valuable information such as deployments, training, battalion level events and more.

Internet

BN Web Site on AKO, cont.

Welcome to the 172nd Styker Brigade Artillery - Microsoft Internet Explorer provided by 59th Signal Bn

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Address http://www.wainwright.army.mil/172_SBCT/4_11FA/index.htm Go Links

172nd Stryker Brigade Artillery

4th Battalion, 11th Field Artillery

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- Deployment Info
- Photo Gallery
- Links/Reference
- Contact Info

DOD Security Info

The Battalion Family Readiness Group (FRG) supports both soldiers and families of the 4th Battalion 11th Field Artillery Regiment. Our goal is to make this the best assignment in your military career.

The Battalion Commander is overall responsible for the FRG. However, we have a tremendous group of volunteers both at the battalion and battery level that enable us to care for each soldier and family.

Family readiness is the state of preparedness of soldiers and their families through proactive education and support programs that promote self-reliance and enhance individual and family well being.

Our primary mission is to prepare soldiers and families for a deployment. We will accomplish this task through aggressive communications: through the Chain of

Internet

Project: Partnership

What is Project: Partnership?

"It is an opportunity for Fairbanks' businesses and organizations to support our military members and their families during the upcoming Army deployments by "adopting" a unit at Fort Wainwright."

-- Fairbanks Chamber of Commerce

How to Have a Successful Partnership

- Rear D Commander maintains regular contact with the businesses/organizations you are partnered with. Ongoing communication will help everyone involved to identify needs and ways to support Soldiers and families.
- Rear D Commander invites business / organization representatives to your unit activities, ie FRG meetings, picnics, etc.
- Share with the Greater Fairbanks Chamber of Commerce the kinds of activities you and your partners are doing. Use your Rear D Commander to send us pictures, stories, and ideas to help us promote Project: Partnership and provide ideas to other partners.
- The Rear D Commander keeps your business partners informed about your unit's needs. They may not be able to meet them all but they can't help at all if they don't know.
- **HAVE FUN!!** This program is about opening doors and building friendships.

What Your Partners Might Do For Your Unit?

- Sponsor activities for unit families.
- Invite unit families to your organization's activities.
- Invite unit families to community events.
- Sponsor unit families to community events.
- Special offers/discounts for your unit families.
- Send messages/greetings to deployed soldiers.
- Send care packages to deployed soldiers.
- Organize collection drives for items to be sent in care packages.
- Attend unit family readiness group activities.

ANYTHING YOU CAN THINK OF TOGETHER!!

What Can We Do For Our Partners?

- Invite them to unit events.
- Invite them to FRG meetings.
- Plan events together/activities together.
- Provide unit website so your partners can stay informed about the unit.
- Keep them informed about your unit.
- Keep them informed about your unit/family needs.

What Project Partnership Is NOT?

It is not a substitute for fundraising. While we anticipate the businesses and organizations will provide some financial support for activities, they will not be the sole source of income for your FRG.

Who Are Our Partners?

Elks Lodge #1551	HHB/4-11 FA
Journey Christian Church	HHB/4-11 FA
Morgan Stanley	A/4-11 FA
Westmark Hotel Fairbanks	A/4-11 FA
Tanana Valley State Fair	B/4-11 FA
Credit Union 1	B/4-11 FA
Fairbanks Sunrisers Rotary	C/4-11 FA
Florcraft, Inc.	C/4-11 FA
Yukon Title Company	21 BSC

Mail to and from Iraq

PVT Joesph Snuffy
HHSB, 4-11 FA
Unit # 1xxxx
APO, AE 09334-
xxxx

What Postal Forms Do I Use?

PS Form 2976 or 2976-A is required on all mail, regardless of size or content, except letters and cards less than 16 ounces. Articles are liable for customs duty and/or purchase tax unless they are bona fide gifts intended for use by military personnel or their dependents. When the contents of a parcel meet these requirements, the mailer must endorse the customs form, "Certified to be a bona fide gift, personal effects, or items for personal use of military personnel and dependents," under the heading, Description of Contents. Exceptions: All other exceptions listed in restriction 3 above are applicable to this restriction.

PS Form 2976 (Customs –CN 22). The green PS Form 2976 must be completed and placed by the sender to the lower left side of the address on each letter or letter package containing dutiable merchandise; on each package of dutiable printed matter (i.e., cassette tapes), on each small package, and on MPS mail.

PS Form 2976-A (Customs Declaration and Dispatch Note). If the sender does not wish to describe the contents of a letter or parcel on the wrapper, the sender may place the upper part of the green PS Form 2976 to the lower left side of the address on the article, then complete PS Form 2976-A and place it inside

Mail to and from Iraq

Never send

- Securities, currency, or precious metals in their raw, pre-manufactured state are prohibited.

- Mail addressed to "Any Service Member," or similar wording such as "Any Soldier," "Sailor," "Airman," or "Marine"; "Military Mail"; etc., is prohibited. Mail must be addressed to an individual or job title such as "Commander," "Commanding Officer," etc.

- Firearms of any type are prohibited in all classes of mail. See definitions of firearms in DMM C024.1.1C. This restriction does not apply to firearms mailed to or by official U.S. government agencies. The restriction for mail to this APO/FPO ZIP Code does not apply to firearms mailed from this APO/FPO ZIP Code, provided ATF and USPS regulations are met. Antique firearms are a separate category defined in DMM C024.2.0 and ATF regulations; they do not require an ATF form.

Mail to and from Iraq

Never send

- All alcoholic beverages, including those which may be mailed under DMM C021, are prohibited.

- Materials used in the production of alcoholic beverages (i.e., distilling material, hops, malts, yeast, etc.) are prohibited.

- Pork or pork by-products are prohibited, to include pork jerky and pork rinds.

- All Fruits, animals, and living plants are prohibited.

- Obscene articles, prints, paintings, cards, films, videotapes, etc., and horror comics and matrices are prohibited. Any matter depicting nude or seminude persons, pornographic or sexual items, or unauthorized political materials is prohibited.

- Although religious materials contrary to the Islamic faith are prohibited in bulk quantities, items for the personal use of the

How Do I Contact Rear D After Everyone Leaves?

Tel. (907) 353-1597
978-4036

Bldg. 1555 Bde HQ

Closing Comments